

Arranging love marriages

BOOKS AND MORE

Psycho-therapist Meera Ravi launches her book that encapsulates the dynamics of relationships



FOR a postgraduate in book publishing to branch out into tyre trade with her husband, and then turn fulltime psycho-therapist and author, and still have it all balanced out inevitably makes one nod in appreciation. But for Meera Ravi, it was all part of a journey — a journey that took her from New Delhi to Bangalore after her marriage.

"Despite being a postgraduate in book publishing, I chose to join my husband in business," she says. And being the only woman in tyre trade, she learnt a lot about dealing with men. "It was challenging. But it was good," said Meera.

"Women have started playing the dual role. She also has a financial responsibility now," pointed out the counsellor, who runs Prerana Academy for Growth and Guidance in Bangalore. And with the launch of her latest book, *Arrange your Love Marriage*, she has widened the horizon for discussions about couples and relationships. The book looks at why marriages fail and serves as a handbook for couples who would like to work on their relationship. Launching the book



Vinod Kavinatt

Meera Ravi (right) and Justice Santosh Hegde at the book launch

at Crossword, Lokayukta Justice Santosh Hegde, chief guest of the function, said, "I fell in love a long time ago and it ended up in marriage 41 years ago. She's still by my side. In a relationship, you've got to give more than what you expect from the other side." Seconding his views, Meera noted, "No relationship is perfect. It's like a jigsaw puzzle with missing pieces. But that's the challenge. The challenge is about accepting the differences. Falling in love is an 'event.' Relationship is the 'process.' That's what couples have to understand."

Arrange your Love Marriage is the produce of an effort that kept Meera Ravi preoccupied, as she analysed the dynamics of couple relationships. "There is no one to teach to us about relationships. I thought, why not crystallise some information into a book. A book could help couples evaluate where they stand," she explained. "Though I've noticed that more women turn up for counselling, the book is for both men and women," she added.